What is claimed is:

1. A sustained release pharmaceutical dosage form, which is held in a buccal or sublingual location, comprising a pharmaceutically or nutritionally active agent that exhibits absorption window of less than 6 hours in the gastrointestinal tract, in a sustained release matrix formulation, whereby the active agent is released and swallowed gradually over an extended time period and absorbed systemically in the gastrointestinal tract.
2. The dosage form of claim 1, wherein the matrix is composed of a hydrophilic polymer matrix, a fat-wax matrix, or an inert plastic matrix.
3. The dosage form of claim 1, which is a layered tablet.
4. The dosage form of claim 1, wherein one surface of the dosage form contains a mucoadhesive, which will function to hold the dosage for in place in the buccal or sublingual location.
5. The dosage form of claim 1, wherein the matrix formulation is held in the buccal or sublingual location by a holding device.
6. The dosage form of claim 1, wherein the pharmaceutically or nutritionally active agent is one that is not absorbed through the oral mucosa to a substantial extent.
7. The dosage form of claim 1, wherein the active agent is doxycycline, trospium chloride, clonazepam, ampicillin, amoxicillin, riboflavin, levadopa, talinolol, furosemide, cefixime or cyclosporin.

8. A method of administering to a patient a pharmaceutically or nutritionally active agent that has an absorption window of less than 6 hours in a sustained release fashion, comprising placing a sustained release matrix dosage form into the buccal or sublingual cavity of the patient.
9. The method of claim 8, wherein the dosage form matrix is composed of a hydrophilic polymer matrix, a fat-wax matrix, or an inert plastic matrix.
10. The method of claim 8, wherein the dosage form is a layered tablet.
11. The method of claim 8, wherein one surface of the dosage form contains a mucoadhesive, which will function to hold the dosage for in place in the buccal or sublingual location.
12. The method of claim 8, wherein the matrix formulation is held in the buccal or sublingual location by a holding device.
13. The method of claim 8, wherein the active agent is doxycycline, trospium chloride, clonazepam, ampicillin, amoxicillin, riboflavin, levadopa, talinolol, furosemide, cefixime, or cyclosporin.
14. A process for preparing the dosage form of claim 1, comprising combining a pharmaceutically or nutritionally active agent with matrix materials and fabricating into a tablet or disc.
15. The process of claim 14, further comprising applying a mucoadhesive to one surface of the tablet or disc.